



ALPENGLOW

EXPEDITIONS

12-WEEK MOUNTAINEERING
TRAINING PROGRAM

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BACKGROUND:

How the 12-Week Mountaineering Training Program came to be.

Alpenglow is not in the business of dragging clients up any mountain.

We believe that the experience is richer when you make a momentous summit achievement in your own right. Not to mention, when it comes to expeditions, training and preparation are the only factors that you can control.

We wanted to provide our clients with a comprehensive training plan to get them to the top of their dream objectives.

And so in collaboration with our Personal Trainer, Lynette Talbott from Billy Goat Swift, we developed the 12-Week Mountaineering Training Program.

With gradual progressions, expedition-specific exercises, a complimentary trip discovery call with Griffin, and a complimentary personal training call with Lynette once you sign up for a trip, we will help you stand on top of giants.

Let's get started.



A NOTE FROM OUR TRAINER:

This is a specifically designed 12-week Cardiovascular and Muscular Strength & Endurance Training program based on the demands of a summit climb.

Summit days will involve long pushes uphill. As you can imagine, the steepness of the terrain will tax the lungs and legs. You will train 5 days/week for a total of 60 training sessions. This training program can be completed in a commercial gym, with basic free weight equipment and cardiovascular training methods. Please note this plan does not take into account personal injuries, issues, needs, or previous training status. This plan is the bare minimum training requirement for an overnight expedition, completion of this plan will make your on-mountain experience more enjoyable and potentially easier.

Every training client signed up for an international expedition is able to receive a 1-hour phone consultation to discuss your training plans for your climb with Alpenglow Staff Trainer, Lynette Talbott. Please email Lynette directly to set up a phone consultation:
lynette@billygoatswift.com

Please consult a physician before starting any type of physical training program, especially if you have been inactive. You are responsible for your own safety when working out and training. Only you know the limits of your body!



FAQ'S:

How long should the training sessions take?

Generally around 60 minutes.

What if I can't keep up with the training schedule?

If for any reason you can't keep a Monday-Saturday training schedule, do not skip a session. Rather, complete all the training sessions in succession.

What if I've never trained in a gym before?

This training program is designed so that a certified personal trainer can pick up the packet at your local gym who may not be aware of the demands of mountain climbing but can be there for quality and form of the strength exercises. If you do not have a gym in your local area, please consult our Alpenglow Staff Trainer to work out accommodations specific to your needs.

What about my diet?

If you would like more details regarding nutrition, please email the Alpenglow Staff Trainer for our advanced nutrition packet.

I have a restricted schedule. How can I get all the training time in?

Your success on a climbing trip starts months prior to making the commitment. As a guide, I have seen many folks show up at the trailhead without training at all for the planned trip. The only element of mountaineering that can be controlled is training and preparation. Hard work and dedication to training will add depth to your mountaineering success.

What if I have more questions?

Custom Training Plans and on-site consultation training are available for an additional cost. Please inquire during your complimentary phone consultation. Email lynette@billygoatswift.com to get set up.

GOALS:

Which expedition would you like to train for? Let's get you on the books!

There are many factors involved in choosing which big objective you'd like to train for:

- How much time can you take off?
- What technical skills do you have?
- Do you have high altitude experience?
- What is your fitness level?

If you have any questions, we recommend thoroughly exploring our website and reaching out to Griffin for your complimentary one-on-one call so he can explain the detailed differences and help you choose the perfect expedition for you!

Contact: griffin@alpenglowexpeditions.com

Or you can schedule a call on his calendar [here!](#)

WHAT YOU'LL NEED ACCESS TO:

Here are the tools you need access to in order to complete our 12-Week Training Plan. If you are an international expedition client and don't have access to any of these components, please reach out to lynette@billygoatswift.com for a free personalized consultation.

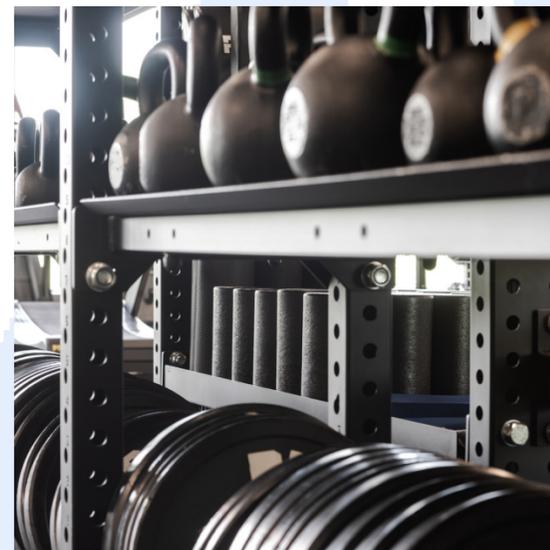
Cardio

Gym cardio machines are a great way to simulate and control different variables of a mountain such as incline and speed. We recommend using an incline treadmill or stair master as they mimic the physical demands of your expedition the most.



Strength Training

Most commercial gyms will have the equipment you need to complete this plan.



Outdoors

There is an outdoor component to training to get you used to variable terrain, incline, and carrying weight on your back. Even if you don't live near mountains, you can train on stadium stairs or fire escapes.



A NOTE FROM ADRIAN BALLINGER:

"So you're starting to train for an expedition?! Awesome, that's such an exciting time. I've found that the biggest motivator for my training is picturing myself standing at the summit, looking down at what I've just climbed knowing that all of the months of hard work, the training sessions that I didn't want to do but forced myself to complete, and the intention that I put in my preparation got me to this moment. Trust me, the training that you put in now will lead you to success on the mountain. The more you train, the more fun you'll have! So get after it!"



TRAINING WEEK 1

SESSION 1

Warm Up:
15 min treadmill incline walking

Strength:
Lat Pulldowns 3x15
Hamstring Curls 3x10
Seated Rows 3x15
Glute Bridges 3x15
Bicep Curls 3x 10 ea
Machine Leg Press 3x15
Pushups 3x10
Calf Raises 3x20

SESSION 2

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
30 minutes stair master or incline treadmill walking

SESSION 3

Warm Up:
15 min treadmill incline walking

Strength Training:
Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Pres 3x15
Calf Raises 3x20

Core
Front Plank 30 sec holds
Bicycle Cruches x 20 Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:
15 min treadmill incline walking

Strength Training
Lat Pulldowns 3x15
Seated Rows 3x15
Bicep Curls 3x 10 ea
Pushups 3x10

Core
Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 5

Hike 2 hours, no backpack



TRAINING WEEK 2

SESSION 1

Warm Up:
15 min treadmill incline walking

Strength Training:
Lat Pulldowns 3x15
Hamstring Curls 3x10
Seated Rows 3x15
Glute Bridges 3x15
Bicep Curls 3x 10 ea
Machine Leg Press 3x15
Pushups 3x10
Calf Raises 3x20

SESSION 2

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
45 minutes stair master or incline treadmill walking

SESSION 3

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:
Lat Pulldowns 3x15
Seated Rows 3x15
Bicep Curls 3x 10 ea
Pushups 3x10

Core
Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:
15 min treadmill incline walking

Strength Training:
Lat Pulldowns 3x15
Hamstring Curls 3x10
Seated Rows 3x15
Glute Bridges 3x15
Bicep Curls 3x 10 ea
Machine Leg Press 3x15
Pushups 3x10
Calf Raises 3x20

SESSION 5

Hike 2 hours, 20 lb. pack



TRAINING WEEK 3

SESSION 1

Warm Up:
15 min treadmill incline walking

Strength Training:
Lat Pulldowns 3x15
Hamstring Curls 3x10
Seated Rows 3x15
Glute Bridges 3x15
Bicep Curls 3x 10 ea
Machine Leg Press 3x15
Pushups 3x10
Calf Raises 3x20

SESSION 2

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
45 minutes stair master
or incline treadmill walking

SESSION 3

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:
Lat Pulldowns 3x15
Seated Rows 3x15
Bicep Curls 3x 10 ea
Pushups 3x10

Core
Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:
15 min treadmill incline walking

Strength Training:
Lat Pulldowns 3x15
Hamstring Curls 3x10
Seated Rows 3x15
Glute Bridges 3x15
Bicep Curls 3x 10 ea
Machine Leg Press 3x15
Pushups 3x10
Calf Raises 3x20

Core
Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 5

Hike 2 hours, 20 lb. backpack



TRAINING WEEK 4

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Assisted Pull-ups 3x10
Lunge Step Ups -1 minute each leg
Bent Over Rows x15 ea
Reverse Step Ups - 1 minute each side ea
Single Leg Press 3x10 ea
leg Deltoid Flys 3x10

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

30 min stair climbing

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Lat Pulldowns 3x15
Seated Rows 3x15
Bicep Curls 3x 10 ea
Pushups 3x10
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core

Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

45 minute bike

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 2000ft elevation gain, with 20 lb. pack



TRAINING WEEK 5

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Assisted Pull-ups 3x10
Lunge Step Ups -1 minute each leg
Bent Over Rows x15 ea
Reverse Step Ups - 1 minute each side ea
Single Leg Press 3x10 ea
leg Deltoid Flys 3x10

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

45 min stair master or incline treadmill walking

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Lat Pulldowns 3x15
Seated Rows 3x15
Bicep Curls 3x 10 ea
Pushups 3x10
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core

Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

20 min stairs
25 min bike

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 2 hours with a 30 lb. pack



TRAINING WEEK 6

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Assisted Pull-ups 3x10
Lunge Step Ups -1 minute each leg
Bent Over Rows 3x15 ea
Reverse Step Ups - 1 minute each side ea
Single Leg Press 3x10 ea
leg Deltoid Flys 3x10

Core

Med Ball Twist 3x10 Mtn
Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

30 min stair climbing
15 min bicycle

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Press 3x15
Calf Raises 3x20
Lunge Step Ups -1 minute ea leg
Single Leg Press 3x10 ea leg

Core

Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

20 min stairs
25 min running

Core

Med Ball Twist 3x10 Mtn
Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 2000ft elevation gain, with 20 lb. pack



TRAINING WEEK 7

SESSION 1

Warm Up:
15 min treadmill incline walking

Strength Training:
Back Squats 3x15
Step Ups x40 ea leg
Single Leg Press 3x10 ea leg
Hamstring Curls 3x15 ea leg
Reverse Lunges 3x15 ea leg

Core
Ball Reverse Curl ups 3x15
V-Sit Holds 3x 30 second
Ball Front Plank 3x30 sec

SESSION 2

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
1 hour stair master or incline treadmill walking

SESSION 3

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:
Lat Pulldowns 3x15
Seated Rows 3x15
Bicep Curls 3x 10 ea
Pushups 3x10
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core
Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
20 min stairs
25 min running

Core
Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 2.5 hrs with 3,000ft elevation gain



TRAINING WEEK 8

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Back Squats 3x15
Step Ups 3x40 ea leg
Single Leg Press 3x10 ea leg
Hamstring Curls 3x15 ea leg
Reverse Lunges 3x15 ea leg

Core

Ball Reverse Curl ups 3x15
V-Sit Holds 3x 30 second
Ball Front Plank 3x30 sec

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

1 hour stair master or incline treadmill walking

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Press 3x15
Calf Raises 3x20
Lunge Step Ups -1 minute ea leg
Single Leg Press 3x10 ea leg

Core

Front Plank 30 sec holds
Bicycle Crunches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

20 min stairs
25 min running

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 3,000ft elevation gain with 40 lb. pack



TRAINING WEEK 9

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Back Squats 3x15
Step Ups x40 ea leg
Single Leg Press 3x10 ea leg
Hamstring Curls 3x15 ea leg
Reverse Lunges 3x15 ea leg

Core

Ball Reverse Curl ups 3x15
V-Sit Holds 3x 30 second
Ball Front Plank 3x30 sec

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

1 hour stair master or incline treadmill walking

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Press 3x15
Calf Raises 3x20
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core

Front Plank 30 sec holds
Bicycle Cruches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

20 min stairs
25 min running

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 3,000ft elevation gain with 40 lb. pack



TRAINING WEEK 10

SESSION 1

Warm Up:
15 min treadmill incline walking

Strength Training:
Back Squats 3x15
Step Ups x40 ea leg
Single Leg Press 3x10 ea leg
Hamstring Curls x15 ea leg
Reverse Lunges x15 ea leg
Assisted Pullups 3x15
Pushups 3x10
Seated Rows 3x15

Core
Ball Reverse Curl ups 3x15
V-Sit Holds 3x30 sec
Ball Front Plank 3x30 sec

SESSION 2

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
1 hour stair master or incline treadmill walking

SESSION 3

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:
Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Press 3x15
Calf Raises 3x20
Single Leg Press 3x10 ea leg
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core
Front Plank 30 sec holds
Bicycle Crunches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:
10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:
20 min stairs
25 min running
15 min bike

Core
Med Ball Twist 3x10
Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 3,000ft elevation gain with 40 lb. pack



TRAINING WEEK 11

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Back Squats 3x15
Step Ups x40 ea leg
Single Leg Press 3x10 ea leg
Hamstring Curls x15 ea leg
Reverse Lunges x15 ea leg
Assisted Pullups 3x15
Pushups 3x10
Seated Rows 3x15

Core

Ball Reverse Curl ups 3x15
V-Sit Holds 3x30 sec
Ball Front Plank 3x30 sec

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

1 hour stair master or incline treadmill walking

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Press 3x15
Calf Raises 3x20
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core

Front Plank 30 sec holds
Bicycle Crunches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

20 min stairs
25 min running
15 min bike

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 3,000ft elevation gain with 40 lb. pack



TRAINING WEEK 12

SESSION 1

Warm Up:

15 min treadmill incline walking

Strength Training:

Back Squats 3x15
Step Ups x40 ea leg
Single Leg Press 3x10 ea leg
Hamstring Curls x15 ea leg
Reverse Lunges x15 ea leg
Deltoid Flys 3x10
Chest Press 3x10
Tricep Extensions 3x10

Core

Ball Reverse Curl ups 3x15
V-Sit Holds 3x30 sec
Ball Front Plank 3x30 sec

SESSION 2

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

1 hour stair master or incline treadmill walking

SESSION 3

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Strength Training:

Assisted Pull-ups 3x15
Pushups 3x10
Seated Rows 3x15
Hamstring Curls 3x10
Glute Bridges 3x15
Machine Leg Press 3x15
Calf Raises 3x20

Core

Front Plank 30 sec holds
Bicycle Crunches x 20
Leg Lowering x10 ea leg
Repeat 3x

SESSION 4

Warm Up:

10 Squats
10 Lunges
5 Pushups
Repeat 3x

Cardio:

20 min stairs
25 min running
15 min bike

Core

Med Ball Twist 3x10 Mtn Climbers 3x20
Kneeling Rollout 3x10
Side Plank 30 sec ea side

SESSION 5

Hike 3,000ft elevation gain with 40 lb. pack





EXPEDITION TIME

Congratulations! Your hard work and dedication will pay off on the way to the summit.

We look forward to celebrating at the top with you!

